

31st Fighter Wing: The U.S. Air Force's fighter wing south of the Alps

THE VIGILEER

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Aviano Air Base, Italy

Fly Bys

Hometown greetings

The hometown greeting team is visiting Aviano 8 a.m. to 4 p.m. Monday and Tuesday to record Aviano Airmen's greetings to friends and families in the states. To sign up for a time slot or for more information, call Ext. 7555.

POW/MIA

The Air Force Sergeants Association is hosting a POW/MIA retreat ceremony 3:30 p.m. Sept. 16 in front of the flag poles at the Italian Air Force headquarters.

Postal service

Postal Service is not accepting any standard mail or periodicals addressed for delivery within the following three-digit zip code ranges: 369, 393, 394, 395, 396, 700, 701 and 704. Sale of express mail has been restored to Mobile, Ala., zip code ranges 365 and 366. Due to significant network disruption and catastrophic damage caused by Hurricane Katrina, the sale of express mail to the following zip codes remains suspended; 369, 393, 394, 395, 396, 700-701, 703 and 704.

By Airman 1st Class Sarah Gregory 31st Fighter Wing Public Affairs

The U.S. Air Force is known for its compassion and quick reactions during times of disaster. Aviano Airmen continued this tradition of caring by working together to raise money for the victims of Hurricane Katrina.

"The U.S. always comes together in times of tragedy and it's time for American's around the world to show their support [to the hurricane victims,]" said Tech. Sgt. Gina Francis, 31st Aerospace Medical Squadron.

One of the leaders in Aviano's hurricane relief efforts, Sergeant Francis, stood at the front gates collecting spare change during the morning rush Sept. 1.

"Everyone on this base knows someone, who knows someone affected by this hurricane and the response has been great so far — people are digging into their pockets and everyone wants to help," said Sergeant Francis.

Assisted by her 11-year old daughter, Sergeant Francis also hosted a bake sale Saturday at the Base Exchange, which raised more than \$1,400, for a combined two-day total of \$2,700.

"Holding events like these make you feel like you are helping your fellow Americans," said Sgt. Francis. Another bake sale is scheduled for 8:30 a.m. to 1:30 p.m. Saturday.

In addition to Sergeant Francis' efforts, Aviano's chaplains are participating in fund-raising activities.

"The chapel is having a combined designated offering this Sunday at all services," said Chaplain (Capt.) Jack Stanley. "All money that is deposited into the offering trays will be given to relief efforts."



Airman Nathan Doza

Tech. Sgt. Gina Francis, 31st Aerospace Medical Squadron, collects money for Hurricane Katrina relief efforts in front of Aviano's front gate Sept. 1.

Aviano's Red Cross unit has also been working overtime to provide help and relief to the hurricane victims and their family members. One of their major efforts has been toward getting Aviano members in contact with family who'd been affected by the hurricane.

"As electricity and connectivity are restored to areas, local newspapers are regaining internet access and posting family members on their sites," said Cassandra Wyatt, Aviano's Red Cross station manager.

She also advises people to try calling individuals in the affected areas during non-peak times, such as the middle of the night in the states, when the lines are not being used for local emergency calls.

"People can also check the Family Regis-

See Respond, Page 7

Movie schedule: During the month of September, the Wednesday matinee movie will not be shown. Matinee's resume in October.

31st FW Sortie Board

sortie: n, a flight of a combat aircraft on a mission

	Hours	Sorties
31st FW goal	116.2	36
	-95.6	-20



Heading out

Aviano Airmen double-check their gear and prepare to head out for Aerospace Expeditionary Force rotation 7/8.

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Trail blazing

The cooler weather doesn't have to mean the end of outdoor activities - get safety tips for exploring Aviano's beautiful mountains.

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Correction: In the Sept. 2 issue of the *Vigileer*, the 603rd Air Control Squadron was incorrectly identified.

Arrivederci Aviano

After four intense years, it's now time for me to relinquish command.

Everyone is invited to the ceremony at 10 a.m. Thursday in Hangar 1 where Col. Roberto "Bobe" Sardo will assume command. I wish him great success and it will be an honor to see everyone at the ceremony.

What can I say? If words can adequately describe, let me tell you it has truly been a great experience. The professionalism, collaboration, esteem, truth and friendship have made this place a pleasure to work.

Although it's been busy, Italian Air Force and U.S. Air Force personnel have worked side by side going well beyond the language difficulties and assisting and trusting each other. We have worked as a greatly experienced team aiming for the same goal and making Aviano Air Base a wonderful place where people go to work with a smile.

I have in my mind every single moment

spent on base with memories of everyone I've met. Believe me; I will never forget this place.

With that said, let me express my heartfelt appreciation for all the hard work and especially the friendship I've always felt from all Aviano members. It was truly an honor serving with you.

God bless our freedom, our countries, our Air Forces and more importantly all of us.



Col. Rosario Scarpolini

Ciao a tutti,
Col. Scarpo

Dear Aviano,

Thank you to the many of you who helped to make the Spouse It up picnic happen. Without the love and support you showed, it would not have been a success. Many thanks go out to the Mission Support Group and Services, to American Forces Network for always bringing us wonderful music and broadcasting, to our chiefs and first shirts for grilling the many hotdogs and burgers and special thanks to the dear sweet people at the Family Support Center.

And lastly, to all the spouses of Aviano, thank you for coming out and supporting "our" event. It has been wonderful to see and meet all of you and to watch us come together as a community of spouses.

Thank you again and be on the look out for the October Spouse It up event!

Barb Yates

SGLI increase provides more coverage

The Servicemembers' Group Life Insurance maximum coverage has increased from \$250,000 to \$400,000 beginning Sept. 1. The coverage change is automatic for active-duty Airmen.

Q: Who will be affected?

A: If you are active duty, or are a participating member of the Air National Guard or Air Force Reserves as of Sept. 1, you will be automatically covered to \$400,000, even if you previously declined or elected lesser or no coverage.

Q: Will I need to fill out a new SGLI form?

A: Yes, if you do not want the \$400,000 SGLI coverage. You will need to submit a new SGLV Form 8286 if you decide to reduce/decline coverage or to update/change beneficiary designation(s). Now is also a great time to review current SGLI beneficiary designations to make sure information is current. Previous beneficiary designations remain in effect and in the same proportions until you make a new beneficiary designation. If your current SGLI beneficiary designation is correct and you choose to retain the maximum SGLI \$400,000 coverage, you do not need to take any action. You may make changes by submitting a SGLV Form 8286 to your orderly room, Military Personnel Flight or personnel team.

Q: What if I don't want the maximum coverage of \$400,000?

A: Any member who wishes to decline or elect less coverage should visit their orderly room, MPF or if deployed, Personnel for Contingency Operation team and complete a new SGLV Form 8286. If you complete and submit the new form before Sept. 30, you won't be liable for the September 2005 premium associated with the reduced or declined portion of coverage.

Q: What if I complete the SGLV Form 8286 on or after Oct. 1?

A: If you don't make an election to reduce or decline coverage from \$400,000 before Oct. 1 you will be charged for the full \$400,000 coverage for September (\$26.00) as well as for any other month in which the level of coverage remains in effect. You are liable for the full premium through the end of the month in which the election was filed.

Q: As a married member, can I designate a primary beneficiary other than my spouse?

A: While you may choose who you want to receive your SGLI, you have a responsibility to provide for the welfare of all your dependents. Electing coverage for your spouse can provide that needed measure of financial security. No changes will be made to your previous beneficiary election unless you submit a new SGLV Form 8286 and make the change. **Note:** If you are a married member and designate a primary beneficiary other than your current lawful spouse, or elect to decline or reduce SGLI coverage, the new law now requires your spouse be notified. The MPF is responsible for ensuring an advisory notification letter is sent to your spouse.

Q: What coverage amount will be available?

A: The monthly SGLI premium remains at \$3.25 per \$50,000 of coverage and members can elect coverage in increments of \$50,000. The monthly premium for full coverage of \$400,000 will be \$26.00.

Q: How will the increase affect Family Servicemembers' Group Life Insurance or Veteran Group Life Insurance members?

A: These changes will not affect coverage under FSGLI. Members in the



Members will need to file a new SGLV Form 8286 to reduce/decline coverage or to update/change beneficiary designation(s)

VGLI Program before Sept. 1 will also not be affected, however all separating service members covered under SGLI on or after Sept. 1 in an amount greater than \$250,000 will be able to convert to VGLI at the new higher level.

Q: Why is this new SGLI coverage automatic without my written consent?

A: Because it's the law. Section 1012 of the Emergency Supplemental Appropriations Act for Defense, the Global War on Terror, and Tsunami Relief, 2005 (Public Law 109-13, May 11, 2005) increases the SGLI maximum coverage to \$400,000 effective Sept. 1, 2005. This law nullifies all elections made before Sept. 1 with respect to the members' level of coverage. In effect, all coverage elections made prior to Sept. 1 are null and void. The new program provides automatic maximum coverage at \$400K and enrolls everyone eligible for SGLI coverage into this new program until they make a new coverage election. A 30-day grace period is provided allowing members to decline or reduce their level of SGLI and incur no additional premium cost.

For more information, call the MPF at Ext. 7216.

Thrift shop: The Aviano Thrift Shop seeks volunteers. To volunteer or for more information, call Romyana Neal at Ext. 5428.

Annual bazaar visits Aviano in time for holidays

The annual Bella Befana Bazaar is visiting Aviano Sept. 30 through Oct. 2, courtesy of the Aviano Officers/Civilian's Spouses Club. Aviano shoppers will have access to merchandise from more than 16 countries and 100 vendors; all tax free and in time for the holiday season.

The bazaar is open 11 a.m. to 7 p.m. Sept. 30, 10 a.m. to 6 p.m. Oct. 1 and 10 a.m. to 4 p.m. Oct. 2 in Hangar One, Two and Three and the wash-rack. The bazaar is open to all NATO ID card and U.S. passport holders.

Gift wrapping and postal services will be on site along with check cashing services, credit card stations and a kid's corner.

The AOCSC is also looking for volunteers for the bazaar. Volunteers are eligible for door prizes. If interested in volunteering,

call Jennifer Fogle at 0434-96-1349 or 349-508-6733, or e-mail her at befanavolunteer2005@yahoo.com.

AOCSC's proceeds go directly back into the Aviano community through grant and support programs and events such as: Girl Scouts, Boy Scouts, Cub Scouts, Little League, the base library, Special Olympics, Club Beyond, Red Cross, EDIS, Airmen's Attic, the Aviano Humane Association, Christmas Cottage and College Scholarships for both high school students and adults.



Recycling rules

Proper trash disposal is key to keeping local fees down

By Airman 1st Class Sarah Gregory
31st Fighter Wing Public Affairs

To many, it's a word used to appease environmentalists and extremists and seldom taken seriously. In Italy, however, recycling is a common practice, a personal responsibility and most importantly, the law.

"As stewards of this beautiful country, it is our duty to respect the laws and regulations of our host nation," said Capt. Edward Eisenhower, 31st Civil Engineer Squadron. "By doing so, we ease the burden on local communities, blend in with our neighbors and give a good impression of Americans to our host nation."

Because Italian law states that trash cannot go directly to a landfill, all trash must be processed through a recycling plant first. This results in high trash disposal fees and increased taxes.

"Aviano has an aggressive trash disposal program designed to combat increased trash disposal fees," explained Captain Eisenhower. "Recycling is paramount in their efforts to reduce high taxes."

More than 10,000 Americans live in various communities around the base, with about 1,500 of those living in the town of Aviano. Averages in the U.S. show Americans throw away 4.3 pounds of trash per person per day. If the same statistics are applied to Americans living in the town of Aviano, it translates into 6,450 pounds of trash a day; this is more than 2.3 million pounds a year.

"It's easy to imagine the burden placed on the Aviano community and the costs for trash disposal," Captain Eisenhower said.

Not recycling can have more consequences than accumulated amounts of trash. Fines in the range of 100 to 600 Euro can be imposed and offenders can also be charged with actual clean-up costs.

There are some pretty hefty fines levied upon those who insist on breaking the law, said Captain Eisenhower. There have been incidents where local authorities found boxes outside of dumpsters or along roads that still had names and addresses on them; they can easily track waste back to the originator and fine them.

With the help of the base environmental flight, recycling around Aviano is an easy process. "It only takes a few minutes of your time every day to recycle," Captain Eisenhower said.

People can always use the base recycling center located in Area F, Captain Eisenhower advised. "They take just about anything you have to dispose of including bulk trash, cardboard, metal, wood, electronics and organic yard waste." The recycling center is open 8 a.m. to noon Monday through Friday. (*Captain Edward Eisenhower, 31st Civil Engineer Squadron, contributed to this story.*)

For more information, call the Aviano recycling center at Ext. 5770; the housing office at Ext. 7418 or the Environmental flight at Ext. 5394. Visit <https://avonintranet/CivilEngineering/recycling/recycling.htm> for your local community's recycling procedures.



Airmen Nathan Doza

Packing up

Staff Sgt. Jason Spencer, 31st Maintenance Squadron, assembles his kevlar helmet during a deployment mobility processing line here Sept. 1.

Respond, from page 1

try, the toll free numbers listed on CNN or Fox and they can call the Aviano Red Cross at Ext. 5576 to initiate a disaster welfare inquiry," said Ms. Wyatt. "Please remember that we are looking for thousands of individuals and have multiple calls for the same family member, so if someone in your family has initiated an inquiry, it would be best to talk to them, get the case number and call our office so we can let you know of any developments," she advised.

Whether it's baking a cake or giving a handful of change, Aviano members have shown the depth of their caring and concern over the past week.

For more information on how to help hurricane victims or to learn about family and friends affected by Hurricane Katrina:

Visit the family registry at www.redcross.org to

Call the toll free number linked to the Family Registry website - 877-568-3317

Chaplain's office - Ext. 5211

"Everyone wants or better yet, needs to feel like they can do something, that they can make a difference," said Chaplain Stanley. "Without doing something all we can do is worry, so we need to contribute."

Targeting sexual assault

Required video explores myths, realities of sex crimes

**By Airman 1st Class
Sarah Gregory**
31st Fighter Wing
public affairs

Whether it's self-aid buddy care or operations security, mandatory training is something all Airmen must undergo. Now to help with sexual assault awareness training, the Air Force has introduced "Targeting Sexual Assault," a new video that all Aviano Airmen must watch.

"The video explores the myths and realities surrounding sexual assault through a dramatic re-creation of an assault," said Capt. Karin DeAngelis, 31st Fighter Wing sexual assault response coordinator.

Due to the video's sensitive nature, it will be shown in small group sessions.

"The video discusses a variety of topics from the prevalence of acquaintance rape versus stranger rape, to alcohol use and the role of facilitators and bystanders," explained Captain DeAngelis. "It also discusses reporting options for sexual assault victims and explains the difference between restricted and unrestricted reporting."

The Air Force's video policy also requires a sexual assault response coordinator, a victim advocate, life skills provider or chaplain be present at each showing.

"One of these individuals must be present at each showing to set a tone that acknowledges the serious nature of the topic and to eliminate any "giggle factor" potential," Captain DeAn-

gelis said. "More importantly, these individuals must be present in case any past victims want to talk to someone after viewing the video. The video is very realistic and may trigger powerful emotions or memories."

Besides introducing the Air Force's new policy on sexual assault prevention, the video also clarifies the role of sexual assault response coordinators and the different reporting options available to victims.

"Sexual assault is a crime and a glaring breach of our core values," said Captain DeAngelis. "If a sexual assault occurs, I hope Airmen take away with them that there is a support network in place to help them through the process."

While the video is mandatory, it only needs to be watched once. All Aviano Airmen must view the video before Nov. 1. For more information, call the SARC office at Ext. 7272.

"Sexual assault is a crime and a glaring breach of our core values ... I hope Airmen take away with them that there is a support network to help them through the process."

*-Capt. Karin DeAngelis
31st FW sexual assault
response coordinator*

Volunteers needed: The post office needs volunteers to handle the amount of mail coming in. Stop by to volunteer.



**By Senior Airman
Colleen Wronek**
31st Fighter Wing
Public Affairs

The holidays are right around the corner, and with most Aviano families there is planning and celebration. But it can be very lonely for Aviano's single and unaccompanied Airmen, especially those who can't make it home to be with loved ones.

Fortunately, Project CHEER is here to help.

"Creating Hope, Energy, Enthusiasm and Recreation, Project CHEER provides additional support during the winter months and holidays when needed the most," said Brian Colonna,

31st Services Squadron Community Center director. "Project CHEER develops and implements special events and programs that provide opportunities for Airmen to socialize, relax and have fun."

Project CHEER is seasonal and runs from November through March. The target age group for Project CHEER is 18-25, but is open to anyone who is single and unaccompanied regardless of age or rank.

"Project CHEER is truly a wing program. AAFES, the base chapel, family support center and 31st SVS along with private organizations provide programs such as discounted meals and movies, local area network parties/PC Wars, Java Internet Café nights, FTAC luncheons, trips, bil-

liards and X-Box tournaments, Fun Nights, Latin and Country nights, USO and Armed Forces Entertainment tours, special holiday programs and much more," Mr. Colonna said. "Those interested can attend any of the special programs offered. In most cases there is no pre-registration unless it's an Information, Tickets and Tours trip or if advertisements specify. Just keep an eye out for upcoming Project CHEER events at Aviano."

The community center offers monthly fun, Latin and Country nights. The next USO Entertainment Tour is two-time Grammy Award winner Jon Secada, for Latin Pop music and upcoming female country star Joey Daniels scheduled for November.

Cutting it up

Let the creative urge take you - whether it's creating custom designs or repairing furniture, Aviano's Wood Skills Center has the tools and equipment you need for your projects. In addition to lumber, saws and drills, the wood skills center also features a retail store with a selection of hand-made products including the famous Maniago culinary knives and butcher blocks.



The wood skills center has power tools for do-



The skills center offers a woodworking certification course, 9 a.m. Saturdays. The course is required for members interested in using the facility and equipment. For more information or to sign up, call the skills center at Ext. 7892.

Woodworking Shop Safety

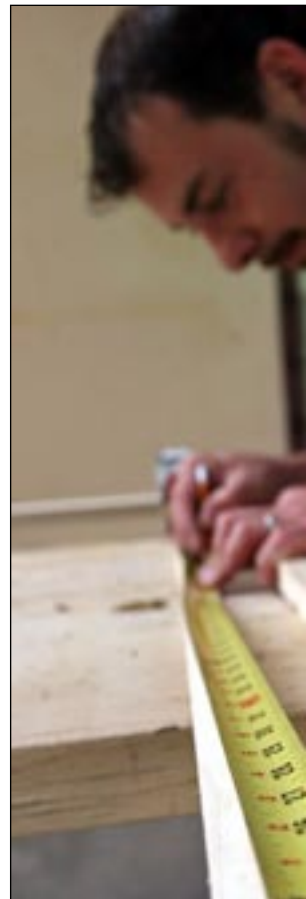
- Don't force it – If a saw is resisting the cut, stop and see what's wrong. Forcing a board may cause kickbacks or contact with the blade. Take a moment to evaluate the situation and determine the problem.

- Protect yourself – Wearing the proper shop protection is an important part of safe tool operation. Goggles, ear and lung protection should be used when operating tools. Use push sticks when working close to the blade and make sure the tool's safety features are in place.

- Giving the power tool time to wind down after a cut is an often-overlooked safety mistake. Even without power, the spinning blade can still do a lot of damage.

- Keep in mind that this is just a hobby and to take a break when you feel rushed or frustrated with a project.

- Pay attention to your actions. Looking up to watch the shop TV or visitors can result in your hand coming in contact with the blade. Always wait until you have completed your cut before you take your eyes off the blade.



Ed Fernet, an Aviano employee, uses a measuring screen to a frame. In creating custom made screens, shadow boxes, the wood skills center offers do-it-yourself kits. Members can rent small power tools for projects.



Center offers a variety of
do-it-yourself repairs.



Wood Skills Center
measuring tape to fit a
in addition to creat-
teens, flag cases and
wood skills center of-
fices. Certified custom-
er tools for at-home



Ed Fernet uses a scroll saw to make rounded edges for the top cornice of a shelf. The wood skills center is located in Bldg. 1326 in Area F and is closed Monday and Tuesdays.

Photos by Senior Airman Nichole Adamowicz

Air Force Ball

Aviano members are invited to the Air Force Ball 7 to 10 p.m. Sept. 16 at La Bella Vista. The theme is America the Beautiful: Hawaii and Alaska. Tickets cost \$12 for Airmen, \$15 for non-commissioned officers, \$20 for senior NCO's and company grade officers, \$25 for field grade officers and general officers and \$18 for Department of Defense civilians. Uniform for the ball is mess dress or semi-formal. To purchase tickets, call your group executive. For more information, call Capt. Karin DeAngelis at Ext. 6010.

Book fair

The Aviano Elementary School Parent Teacher Association is hosting a half price Scholastic Book Fair from 1 to 3 p.m. Saturday at the elementary school playground.

Registration

The deadline to register for the Embry-Riddle Aeronautical University Term

I is Monday. Classes begin Monday. To register, visit the Education Center.

Palace Front/Chase

The next Palace Front/Palace Chase briefing is 2 p.m. Monday in the 31st Mission Support Group Conference Room, Bldg. 1403 in Area one. As an outprocessing requirement, the Palace Front briefing is mandatory for all reenlistment eligible Airmen who are electing to separate. Airmen interested in early separation through Palace Chase may also attend the briefing. For more information, call Master Sgt. Janet Boyles at Ext. 4919.

La Leche League

La Leche League of Aviano meets at 10 a.m. Monday in the Chapel Education Center, Bldg. 168 Area one. The informal meeting will discuss breastfeeding and weaning. For more information, call 348-242-5373 or e-mail LLLAviano@yahoo.com.

Luncheon

The Aviano Officers and

Civilians Spouses Club hosts a luncheon at 11 a.m. Thursday in the Bella Vista Club. The AOCSC welcomes new members to participate in special activities and assist with philanthropic efforts. To make a luncheon reservation, call Michelle Johnson at 04277-99511 or e-mail micty@hotmail.com.

Flightline shoppette

Beginning Sept. 17 the flightline shoppette will have new hours. The new hours are 6 a.m. to midnight Monday through Friday and 2 to 10 p.m. Saturday and Sunday.

Hispanic Heritage

Hispanic Heritage Month is from Thursday to Oct. 15 and the Wing Special Observance Month Committee is looking for people to help organize and celebrate events. For more information, call Staff Sgt. Sonora Vasquez at Ext. 7982 or Staff Sgt. Adriana Obregon at Ext. 5018.

Youth volunteers

The American Red Cross Youth Program is looking for places for teens to volunteer after school hours and during school breaks. If any squadron sections are interested, please contact Aviano's Red Cross Office at Ext. 5576.

Sign Language

People of all ages interested in learning American Sign Language, help teach or keep up with the language, contact Francisco Sierra III at Ext. 5381, or 0434-553249 or e-mail him at fransico.sierra@aviano.af.mil or eating_firedog@yahoo.com.

Tuition Assistance

The cutoff date for fiscal year 2005 Tuition Assistance is Sept. 21. If TA hasn't been approved, students can wait until Oct. 1 to apply.

Enlisted members must access the Air Force Portal and the Air Force Virtual Education Center to apply for tuition assistance online. Officers must come into the Education Office to process their applications. For more

information, call the Education Office at Ext. 5330.

CGO conference

The European Region Company Grade Officers Conference is Oct. 3 - 6 at Ramstein Air Base, Germany. The conference is a joint effort with the Ramstein CGO Council and Project Connect. The theme is Leadership and Professional Development. All Armed Forces CGOs in the European area of responsibility are invited to attend. Call 2nd Lt. Sandra Bannan at 314-480-5469 or sandra.bannan@ramstein.af.mil for details.

Dental exams

Pediatric dental exams at the Base Chapel Annex are suspended during September. The 31st Dental Squadron is open 7:30 a.m. to 4:30 p.m. Monday - Friday, except federal holidays and wing down days. Emergency care is available 24 hours a day, by calling Ext. 5000.

Appointments for comprehensive dental care can be made by calling Ext. 5060. Children under the age of 12 must be attended to at all times. Dental appointments will be re-scheduled for patients with unattended children below the age of twelve.

Officer opportunity

The Air Force seeks officers with international insight, foreign language proficiency and cultural understanding to work in today's security and expeditionary operations environment for international political-military assignments as International Affairs Specialists.

For more information on the IAS program, log onto the IAS Web site on the Air Force Portal at <https://www.my.af.mil/iaw/iaw>.

For qualifications or eligibility information, officers can call their appropriate assignments/development team or the AFPC IAS assignments team at DSN 665-4071.

Reel Times

Today, 5 p.m. - "Rebound" Rated PG - A college basketball coaches temper bans him from coaching in college so he becomes a junior highschool basketball coach. Starring: Martin Lawrence, Wendy Raquel.

Today, 8 p.m. - "Dark Water" Rated PG-13 - Dahlia is starting a new life, but her situation takes a turn for the worse when mysterious noises and strange happenings in her apartment causes her imagination to run wild. Starring: Jennifer Connelly, John C. Reilly.

Saturday, 2 p.m. - "Rebound" Rated PG

Saturday, 7 p.m. - "The Island" Rated PG-13 - Lincoln is a resident in a utopian environment and hopes to be chosen to go to the last uncontaminated spot on the planet. He soon discovers everything about his existence is a lie and his purpose is to provide "spare parts". Starring: Ewan McGregor, Scarlett Johansson.

Sunday, 7 p.m. - "Dark Water" Rated PG-13

Tuesday, 7 p.m. - "The Island" Rated PG-13

Wednesday, 11:30 a.m. - "Piglet's Big Movie" Rated G - When Piglet comes up missing his Hundred Acre Wood friends use Piglet's own Book of Memories to find him, discovering along the way just how big a role he's played in their lives. Animated

Wednesday, 7 p.m. - "Dark Water" Rated PG-13

Thursday, 7 p.m. - "Rebound" Rated PG

(Titles and times are courtesy of www.aafes.com, and are subject to change.)

Verona: a city filled with legends, romance

By Airman 1st Class

Sarah Gregory

31st Fighter Wing Public Affairs

Famous for its reputation as the setting for the tale of two star crossed lovers, Verona, Italy is a medieval city filled with legends and romance.

Every year, thousands of tourists flock to this city, located just a two-hour drive from Aviano, to get a glimpse of Casa di Giulietta, "Juliet's house," where people can have a photo taken on Juliet's balcony.

With its narrow marble streets and fresh breezes from the Adige River, Verona can easily be explored on foot. Although cars aren't allowed in the historic center from 7:30 to 10 a.m. and 1:30 to 4:30 p.m., there are many parking areas beyond the center. The churches in Verona enforce a strict dress code; no tank tops, sleeveless shirts, shorts or short skirts. A Verona card can be purchased for one to three days, which gains visitors admission to most of the city's major museums and churches as well as access to public transportation.

In the heart of the city is Piazza Bra, the largest piazza in Verona, dominated by the ancient remains of the Arena di Verona. Although only four of the original arches remain standing, it is one of the biggest and best preserved theaters from Roman times. In the summer time, the arena is known for its elaborate open-air concerts. Piazza Bra is lined with restaurants, bars and souvenir shops.

Directly off Piazza Bra is Via Mazzini - a pedestrian-only street lined with fashionable designer shops and boutiques. The street is made



Airman 1st Class Jason Gregory

Juliet's balcony where Romeo called to her is a large tourist attraction in Verona. Along the walls, people post love messages to each other.

with Verona's famous red marble that also is featured on the arena. Via Mazzini leads walkers directly into another square, the Piazza della Erbe, which hosts a colorful daily market selling everything from fresh fruit to rain ponchos.

In the center of the square is a platform formerly used to shackle criminals. An original neck chain still hangs from one of the pillars. In front of the platform is the Madonna Verona fountain, built in 1368 and used as a wishing well.

Just a few minutes walk from the Piazza della Erbe is the Piazza dei Signori, which features the Loggia del Consiglio, the seat of the provincial government. Over the doorway of the building is an inscription which shows the city's dedication to

Venice and Venice's love for Verona - "Greatest love for the greatest loyalty." On the other side of the square is the Scaligeri Palace, where the poet Dante took refuge in the fourteenth-century. A statue of Dante also rests in the middle of the square.

Other beautiful sites in Verona include Castelveccchio, a castle built for Cangrande II della Scala in 1354. By purchasing a ticket to the Museo di Castelveccchio, visitors can see the inside of the castle, medieval weaponry and art, as well as the opportunity to explore the castle's narrow passages and views of the Adige River.

Whether it is to experience the mystery of Romeo and Juliet or the majesty of some of the world's best opera, Verona is an enchanting city made filled with romance.

Hassle-free: Call the Information, Tickets and Tours office at Ext. 5072 and let them handle all your vacation details.

Italian-American Friendship Day

Aviano's Honorary Squadron Commanders Association is hosting the Fourth Annual Italian-American Friendship Day 9 a.m. to 6 p.m. Sunday at the municipal park of San Quirino. The event is designed to get the local Italian and American communities together for a day of sports, entertainment, music and Italian food.

The event kicks off with a fun run/walk at 9 a.m. followed by a memorial ceremony at 11 a.m. Lunch is provided by the San Quirino, Aviano and Montereale Alpini group and begins at noon. In

the afternoon, there will be music performed by the Roveredo Band and by Aviano students. Other activities include jumping castles, face painting, balloons, sumo wrestling, ponies and horses and archery. There will also be arts and crafts and a painting exhibition.

This year, the event will also include a memorial ceremony to commemorate the firemen who died during the Sept. 11 attacks on the World Trade Center in New York City. The event is open to the whole base population, military, families and friends, and is free, including food and beverages.

Set out on the right foot

Take precautions before embarking on a hiking adventure

Courtesy 31st Fighter Wing ground safety

People heading out to hike the mountains to enjoy fall foliage this season should take safety precautions before leaving the area.

Hikers should:

- Wear comfortable boots and keep dry socks available
- Protect against bugs by bringing bug spray and spray clothing prior to wear
- If you get wet, change out of wet clothing as soon as possible
- Wear a long sleeve shirt and pants to protect against sudden changes in weather, cuts, ticks, and other insects
- Bring snacks and water, a first aid kit, flash light, a compass and a map of the area
- Before you leave, let someone know your plan and carry a radio or cell phone with contact numbers
- Always have a buddy when hiking
- Weather in the mountains can change dramatically -- Prepare for inclement weather and sudden changes in temperature



Courtesy photo

Dress better than this hiker. Always wear long sleeves and pants to protect against sudden changes in weather, cuts, ticks and other insects.



Courtesy photo

Be prepared for sudden changes of weather in the mountains. Before hiking let someone know where you are going, carry a radio or cell phone with contact numbers, bring a compass, snacks, first aid kit, flash light and bring plenty of water.

Fly Bys

Bowling Leagues

The Friday Night Doubles league will have a meeting at 7 p.m. today in the bowling center.

Children, ages 2 through 18, can sign-up for this years bowling season from 2:45 to 5:45 p.m. Monday at the bowling center. Children bowl after school on Mondays.

Ski club

The Aviano Ski Club is having its first meeting of the season at 6:30 p.m. For more information, contact Tech. Sgt. Rick Chang at rick.chang@aviano.af.mil or Gina Cross at gina.cross@eu.dodea.edu or gacross@yahoo.com.

Referees needed

The Aviano Officials Association is looking for high school football and volleyball officials for the upcoming season. Interested participants may call Joe Russo at 348-252-4885 or Chief Master Sgt. Gregory Smith at Ext. 4978.

Outdoor Recreation

• Aviano's Outdoor Recreation is hosting a free local mountain bike ride 10:30 a.m. Saturday. Bikers depart from Area One next to the Community Center. Deadline to sign up is Tuesday. The ride is lead by an experienced mountain bike rider from the Draghi cycling group and a member of the Outdoor Recreation staff. This will be an off-road, level to easy climb and last about two and half to three hours.

• Join Outdoor Recreation for a trout fishing expedition 8 a.m. to noon Sept. 24. Deadline to sign up is Sept. 19. Cost of transportation is \$5 per person and fisher's pay €3.50 per kg. for the fish caught. There is a no throwing back rule.

For more information on any of these trips, or to sign up, call Ext. 8623.

Don't take good health for granted

It can disappear in a blink of an eye

By Col. Michael Schaffrinna
31st Medical Group commander

As the new medical group commander, I've been impressed with the quality of personnel working with me. I'm confident they can and have delivered on the promise. They understand HealthCARE is providing health related services, but just as important, it's about caring. My folks are truly "second to none!" I'm so confident in their excellence that if you find it isn't so, please contact me at Ext. 5073.

So what are our plans on further improving our services to you? It starts with improving the telephone tree. Don't you just hate having to wade through endless prompts to press one number or another. I do. We've simplified it.

Starting this fall, we will have true nurse triaging. This service allows you to reach a nurse by phone at any time of the day or night who is specially trained to determine whether your health care concern requires immediate attention or whether it can wait until the morning. This nurse will also be able to make an appointment for you at the time of your call, should it be needed.

We will also have an on-call doctor and dentist available to you should the nurse triage service not meet your needs.

The new hospital should open sometime next year and with it a state of the art facility to serve you. Look for advertisements in the Vigileer and in the hospital as we stand up these new services.

Most of us take good health for granted. Yes, we listen to all the "must do" recommendations but most of it gets put into the "someday" category. We're young ... we've got time. Time has a tendency to fly by ... just ask any of us "old folks."

•Preventive Health Assessments: You know when you're due. This shouldn't take more than an hour of your day. We're working to make most of them a web-based experience.

•Immunizations: One of the great success stories of this century. As a pediatrician, it has been over a decade since I've seen measles, mumps or even bacterial meningitis. If you

need it, get it. It prevents fatal disease.

•Exercise: Gen. George Patton noted, "You've got to drive the body to the last inch of energy and then go on!" While I support this type of dedication, please make sure you gradually increase the demands on your body especially with our weight machines. Find a partner who can encourage you to continue to push to achieve maximum fitness.

•Escapes: Don't use alcohol as an escape. You've heard it before: if you're old enough to drink and do so, please do not drive.

The same can be said of driving when you're too tired. One Saturday morning, I almost lost my life falling asleep at the wheel.

While some people may think that all we're worried about is statistics. We're not. It's not the statistics that matter; it's the people behind those numbers. I've told my folks over and over again, my biggest fear is losing one of my own. You're one of my own so be smart, be safe, and if you've been drinking or you're too tired call your wingman, call your buddy, call me-just don't get behind the wheel.

•Moderation: Diets are "Die" with a capital "T". The key to most diets is the ability to moderate your intake compared to your use.

•Have fun: Have a hobby, take advantage of travel opportunities and get involved in the community. While sitting on a bike for 25 miles may not sound like fun, I found it a great way to tour the local community, enjoy the companionship of friends, get some exercise and it was fun.

•Face your fears: President Franklin D. Roosevelt said it years ago, "There is nothing to fear but fear itself."

•Share your thoughts: Find a friend, a pastor, priest or your doctor to talk to.

•Develop a philosophy: Write down your principles and your priorities and then live by them.

President Roosevelt in one of his fireside chats noted, "It is not a sacrifice for any man, old or young, to be in the Army or Navy of the United States. Rather it is a privilege." Your warrior medics stand ready to serve and it is indeed a privilege!

Kudos: Recognizing Those Who Serve

Kudos to Airman Stephen Cremona, Tech. Sgt. Christopher Karslake, Tech. Sgt. Gerald Kiger, Mrs. Jaimie and Chief Shreck, Tami Brock, Shari Knowles, Karen and Zack Meade, Gloria, Kehlyr, Christopher Thai, Lt. Col. Castro and all the 31st Civil Engineer Squadron members who compiled and sent care packages to 86th Civil Engineer Squadron folks downrange. Kudos to Michael Brennan, base exchange manager and his staff for their contributions and support of the 86th CES deployed folks. Kudos to the Aviano Commissary manager and vendors who contributed to the care packages for the deployed civil engineer folks and kudos to the folks at the Aviano Base Post Office for their patience and cheerful attitude while sending 86 packages. -Kimberley Castro



The Cornerstone

An indispensable and fundamental basis

The Cornerstone Page is devoted to those who support junior enlisted, NCOs, CGOs and spouses. It's to share advice, ideas and opinions dealing with life in the Air Force and Aviano. It's also a forum to recognize those around us. The Cornerstone Page will also offer Air Force trivia and facts.

Submission info: We want to hear from you. Flex your writing talents and share your thoughts with us and the community.

Commentaries: Writers can send commentaries to vigileer@aviano.af.mil. Commentaries must be 500 to 700 words. Topics must be applicable to the Air Force, Aviano and appeal to the general public. For questions or concerns, call the Vigileer at Ext. 7344.

Kudos: Aviano members can send kudos to Vigileer@aviano.af.mil with the subject line "Kudos." Kudos can be submitted for appreciation, retirements, awards, good service, promotions and graduations. For questions or concerns, call the Vigileer at Ext. 7344.

Deadline: The deadline for submitting information is close of business Thursday one week prior to publication. Faxed articles will not be accepted by the staff. The public affairs office is in Bldg. 1360, Room 19.